CSX™ Commercial Elliptical



TRUE® Total-Body

No other elliptical machine on the market provides a TRUE Total-Body workout. Our proprietary Side Steps allow the user to step off and drive the CSX™ using the upper-body only. TRUE stands alone in providing three separate positions that work the entire body:

1. Isolated Upper-Body
2. Isolated Lower-Body
3. Upper and Lower Total-Body

No other elliptical machine on the market allows users to isolate their upper bodies for a TRUE total-body workout. On traditional front- and rear-drive elliptical machines, your arms just go along for the ride while your legs do all the work.

Unique to the Core

The TRUE CSX Total-Body elliptical trainer is driven by a patented Core Drive™ system that keeps the user in the center of the exercise motion for superior balance, stability and comfort.



A Personal Trainer 24/7

With the push of one button, the TRUE mix3™ workout takes users through a random sequence of exercises that work the entire body. Every time mix3 asks users to change the exercise, they will be prompted by an on-screen message and the Motion Man display will light up targeted muscle groups. And since no mix3 workout is the same, users maintain interest and keep coming back for more.

Small Footprint, Big Benefits

TRUE design innovation allows for placement of more compact CSX units in the same footprint as traditional front- or rear-drive elliptical machines, minimizing wait times and maximizing valuable real estate.

The CSX is a self-generating machine with a workload range from 40-600 watts, allowing for easy start-up for deconditioned users and elevating to resistance levels that will challenge elite athletes.

Entertainment

The CSX provides CSAFE power as well as seamless integration with all TRUE Entertainment™ options.

Programmed for Results

Users can choose from a variety of pre-programmed workouts. Each program has multiple levels of resistance to accommodate a wide range of abilities. The CSX also features TRUE HRC Cruise Control™ which allows the user to "lock in" on a specific target heart rate. Once the target is set, TRUE HRC Cruise Control will adjust workload automatically throughout the duration of the workout to maintain the targeted heart rate (operates just like the Cruise Control in your car).

Built to Last

Like all TRUE machines, the TRUE CSX is manufactured with the highest quality standards in the industry, including robotically welded steel frames, sealed bearings and forged steel cranks to stand up to years of heavy use. TRUE backs the CSX with a lifetime frame warranty, three years parts and three years labor.

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DRIVE SYSTEM	Drive System	Core Drive (Single Crank)
	Resistance Source	Hybrid Self-Generating Brake
	Power Source	Self-Generating
FRAME	Frame	11-Gauge Heavy-Duty Robotically Welded Steel
	Finish	Powder Coat
	Footpad Surface	Soft Step Cushioned Anti-Fatigue Material (Removable For Easy Cleaning)
	Linkage System	Patented Elliptical Single Crank Design. Pivot Points Use No-Maintenance Ball Bearing Design
	Portability	2 Front Transport Wheels
CONSOLE	Display Type	Dual Window Custom LCD
	Keys	Membrane Switches
	Express Command Keys	4 – Manual, Intervals, Hill Programs, HRC Cruise Control
	Data Readouts	Time, Distance, RPM, Heart Rate, Work Level, Watts, METs, Calories
	Message Center	17 Character Alphanumeric
HEART RATE	Contact Heart Rate	Digital – 4 Sensing Pads
	Telemetry Heart Rate	Wireless – Polar® Equipped
	HRC® Programs	1 – Time Based
WORKOUT PROGRAMS	Preset	7 - Manual, Quick Start, Variable mix3, Easy Intervals, Speed Intervals, Rolling Hills, One Big Hill
OTHER FEATURES	Entertainment	Seamless Integration with TRUE Entertainment Options
	Communications	Full CSAFE Compatibility
	Diagnostics	Software Version, Keys, Display, Brake Control, Heart Rate, Speed Sensor
	Accessories	Reading Rack, 2 Water Bottle Holders
	Safety	Extended Handrails for Easy Entry and Exit, Side Step-Up Areas and Low Step-Up Height
PHYSICAL SPECIFICATIONS	Footprint	72"L x 34.5"W (183 cm x 88 cm)
	Weight / Shipping Weight	360 lbs (164 kg) / 455 lbs (207 kg)
	Maximum User Weight	350 lbs (159 kg)
	Stride Length	Fixed - 21" (53 cm)
	Manual Modes	32 Levels (40 - 600 Watts)
	Workload Range	40 - 600 Watts
	Maximum Workout Time	99 Minutes
	Step-Up Height	Foot Skate Lowest Position: 9" (23 cm) Foot Skate Highest Position: 16" (40.6 cm)
WARRANTY	Warranty	Frame Lifetime, Brake 3 Years, Parts 3 Years, Labor 3 Years

***Specifications subject to change without notice**

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